

VITAL SIGNS

VOL VI No. 7 Naval Regional Medical Center, Orlando, Florida

1 June 1983

Hold the bacon (for now), but . . .

We'll take scrambled eggs for 4!



CDR William I. Miller, MC, USN
assisted by CAPT Fout and CDR Murphy.



CDR Geoffrey L. Robb, MC, USN
assisted by Mrs. Joyce Dover and CAPT McDonough.



24 May 1983



CDR Coy B. Lane, MSC, USN
assisted by CDR Riley and Mrs. Diane Lane.



CDR Carol S. Hyatt, NC, USN
assisted by CAPT Fout and CDR Sparks.

Appreciation Day for Red Cross

The Doctors, Nurses, Corps and Support staff hosted an "Appreciation Day" for all of our Red Cross Volunteers. On Friday, 6 May, the volunteers were invited to a sumptuous feast in the dining facility, serenaded by a contingent of the marvelous Navy Band Orlando and each volunteer was presented a flower. Captain Fout, on behalf of the entire staff, expressed our appreciation for the many hours of devoted time these volunteers contribute to our hospital -- the month of April reflected a total of 2323 hours!



THE AMERICAN NATIONAL RED CROSS
NAVAL REGIONAL MEDICAL CENTER
ORLANDO, FLORIDA

10 MAY 1983

Captain L. R. Fout
Commanding Officer, NRMC
Orlando, Florida

Dear Captain Fout,

As a member of the hospital volunteers, I would like to thank you and your staff for the truly enjoyable luncheon given for us by the NRMC staff.

The program was "incredible!" Smoothly done by polished performers! The food, band and staff participation were enjoyed by all.

Sincerely,

Patricia A. Dicus

Patricia A. Dicus
Volunteer Chairman

Whoooizzit?



Do you know this staff member? The answer is on Page 12.

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Commanding Officer: CAPTAIN L. R. FOUT, MC, USN
Editor: HMCM(SS) R. C. CLEMENTS, USN

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STETH - O - SCOOP

Vital
Signs

By HM1 Bogan McQuigg, USN



Here's your chance to -- **"SOUND OFF!"**



Sam Wilson, Linen Room: "Complete hospital care cannot come from one doctor, nurse, corpsman, or civilian -- it has to be hospital-wide, all organizations working for one goal - from cost control to total patient care."



HM2 Kay Hice, Family Practice: "The best advice is no advice. However, I suggest the young people of the Navy take advantage of the travel -- get overseas, or on a ship -- GO FOR IT!"



LTJG Elizabeth Passen, MSC, Chief, Social Work Service: "I have to sound off for the Navy! The recruiting slogan is extremely truthful. Navy life has proven to be quite an adventure -- not just a job!"



LT J. G. Gollogly, Chief, Operating Management: "I see a lot of people who are not doing their job as well as they can because of a negative attitude. They spend as much time thinking of ways to get out of work as it would take to get the job done."



Kay Slack, Forms Control: "The nuclear arms race is a path of death and internal destruction. What would a nuclear arms race win? Prevention is the only escape from a nuclear holocaust."



HM3 William Johnson, Eye Clinic: "Why does the government spend millions of dollars on foreign aid when hospitals like this one are in dire need of funds. The hardest thing in the world is to tell a beneficiary that we can't help him because we don't have enough money."

Staff Journal - Awards presented at May inspection



HM1 P. M. Johnson - LOA from NAVMILPERSCOM



HMC R. A. Griswold - 2nd GCM



HMC H. J. Malenofski - 6th GCM



HM1 R. C. Perez - Navy Achievement Medal



CAPT E. E. Lee, NC, Navy Commendation Medal



HM1 W. E. Shockey - 3rd GCM



HMCS S. Bonder - 8th GCM



CTC J. M. Scott - 5th GCM



1st GCM's - HM1 P. Nerio, HM3 G. Barton, and HM2 J. M. Andrews.



The Italian Medal of Merit for HM3 E. Gomez and HM3 M. M. Boetto.



Letter of Commendation

Captain Fout presents a Letter of Commendation to LCDR Geoffrey Robb, MC, USN, Otolaryngology Service (later frocked to CDR) as he departs to start his residency in plastic surgery at the University of Pittsburgh.

Staff Journal (Continued)Reenlistments

On 23 May, HM2 Stuart Cronkhite, Urology Service, received a certificate and congratulations from LCDR R. H. Lewis, MC, USN, his reenlistment officer. HM2 Cronkhite reenlisted for 4 years.



HM2 John R. Moran, Pharmacy Service, was reenlisted by CDR Phillip T. Riley, MSC, USN. Petty Officer Moran reenlisted for four years and soon will be detached for duty at the Naval Support Facility, Diego Garcia.



On 26 May, HN Rosetta Blanton reenlisted for four more years in the USN. Her reenlistment officer was CDR R. F. DY, MC, USN. The ceremony was held in the Lobby of the NRMCA Annex.

Letters

On 27 May, Captain Fout presented a Letter of Commendation to HM2 David E. Porter, USN, Otolaryngology Service. HM2 Porter was discharged from the Naval Service at his EAOS.



Captain Fout presented a Letter of Appreciation on 31 May to HM2 Veronica K. Wehner, USN, Physical Therapy Service, as she left the Naval Service for civilian life.



Staff Journal (Continued)

Navy Achievement Medal



Captain Fout congratulates LCDR Ronald P. Rae, MC, USN, on his Navy Achievement Medal which he received on 31 May. Captain Fout approved the Medal for Dr. Rae for "professional achievement in the superior performance of his duties as a staff psychiatrist."

Certified Tumor Registrar



Patricia Johnson, Surgical Service, has become a Certified Tumor Registrar by passing the National test which was administered recently. This was a "first" for a National test to be offered. Patricia has been a registrar since 1967 and is a past-president of the Florida Tumor Registrars Association. She is presently a member of the National Tumor Registrars Association and on the staff of the American College of Surgeons Commission on Cancer as a regional consultant.

Business Associate

of the Year



HMC Micki Johnson, USN, NRMC Annex, was recently selected by the American Business Womens Association, Winter Park Pioneer Chapter, as the Business Associate of the Year. Chief Johnson was nominated by Jody Barker, one of her civil service employees. The nomination read in part ... "Her leadership abilities are superb. People want to work for her. Personnel working for her admire her professional abilities and regard her as the 'fountain of wisdom' when they need advice to solve a problem. The credibility of the office has been greatly enhanced because of her positive intra-command functions. She has a vibrant and cheerful personality and a 'can do' attitude which has proven contagious to those she supervises. I greatly admire her achievements and I feel that if anyone deserves the title of Business Associate of the Year, she has surely earned the honor."



The Chiefs
take on
all
challengers!

Departures



CDR P. F. Truran, MSC, to COMNAVMECOM



HM1 Frank Dickens to 2nd FSSG



CDR J. Megonnell, NC, to NRMC, Philly



DMCM Pete Moran - retired



Frances Hodges, LPN - resigned



HM3 Claudia Travis accepts her discharge.

Reenlistment



Inez Perry - retired



Captain Fout reenlisted HM1 John Reed, RIF Optical, on 10 May for 2 years.

Vital Signs visits — Occupational Health and Preventive Medicine Service

The Occupational Health and Preventive Medicine Service is located in Building 246, NRMC Annex. Its staff consists of 13 military and 2 Civil Service personnel. The Occupational Health Branch is responsible for periodic examinations, treatment, and diagnosis of NTC Civil Service employees with job related injuries, illnesses, and health-hazardous occupational exposures.

The Preventive Medicine Branch is responsible for periodic sanitation inspections of all food serving facilities, barracks, barber shops, beauty shops, club messes, hot dog carts, child care centers, laundry, commissary, sports complex, and other public use areas. The Branch also conducts, on a monthly basis, the periodic 3 and 6 hour food sanitation training classes required for all food handlers. The mosquitos collected, by pest control personnel from their light traps, are counted and identified by the PM Techs and this information is provided to the pest control personnel to aid in their control measures. The Techs also culture samples of water from Lake Baldwin and Lake Susannah for bacterial contamination, do bacterial surface culturing in hospital spaces and conduct communicable disease interviews. The PM Branch also conducts the Asbestos Medical Surveillance Program interviews. The Industrial Hygiene Procedures are handled by the Environmental Health Officer.

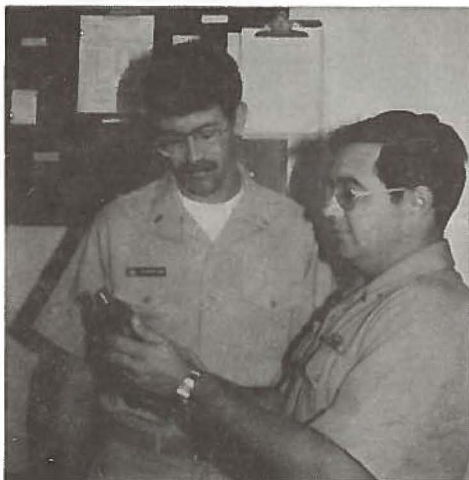
The Audiology Department performs baseline audiometric tests on all incoming recruits and on military and civilian employees enrolled in the hearing conservation program.



CAPT Harry J. Candela, MC, Chief of Service and Dorothy E. Smith, Occupational Health Nurse



LCDR Jimmy R. Collins, MSC, Head, Preventive Medicine Branch



LTJG Miguel C. Leorza, MSC, Environmental Health Officer, and his relief, ENS W. M. Henderson, MSC.



HM2 Cynthia J. Dixon and HM3 Julie Ullrich.



HM1 Stephen Greenwood, Leading Petty Officer.



HM3 William Puckett



Mrs. Betty D. Lyerly, Secretary



HM3 Alfred Clarke



Audiometric Tech HM2 Glenn R. Barbelet



Audiometric Techs HM3 Andrew Early and HM3 Cheryl Nelson.



CHAPLAIN'S COMMENTS

By LT James L. Doss, CHC, USN

"Peace be with you"

The word "peace" occurs nearly four hundred times in the Bible - more often than any other word, save the word "God." Among all the wonderful blessings of life, peace with God stands supreme. All other possessions are empty and unsatisfying if peace is lacking. Jesus is our great example of peace. He was at peace with others - friends, critics, and enemies alike. Hatred might fill some hearts, but none was ever in Jesus. He knew the peace of God because he could truly say, "Not my will but thine be done."

Everybody wants peace but few understand what it is or where it can be found. According to the Bible, peace is that state of things which exists when God's will is being done. There can be no peace of mind until there is peace with God. "Therefore being justified by faith, we have peace with God." (Romans 5:1). Often we try to feel good without being good, to banish evil without quitting it, and to get the gifts of God without the need of God. Peace is the fruit of being made right with God.

May you truly find peace for today and forever more.

Oakleaf Wives' new Officers



Chaplain Doss congratulates his wife, Susan, on her election as President of the Oakleaf Wives Auxiliary. Standing next to Mrs. Doss is Mrs. Sue Ellen Bate, Vice-President, Mrs. Pat Golembieski, Secretary, and Mrs. Phyllis Butcher, Treasurer.



NURSING SERVICES



Junior Nurse of the Year



LT Claire M. Pagliara, NC, USN, has been selected, by her peers, as the recipient of the RADM Bartholomew W. Hogan Award for Outstanding Junior Navy Nurse of the Year for 1983. LT Pagliara was selected for her consistently excellent professional performance, dedication to the mission of this hospital, and her active participation in the teaching programs of the command. LT Pagliara is the Charge Nurse on the Surgical Ward and has been in the Navy for 5 years.

Birthday Celebration



It was cake cutting time as the Navy Nurse Corps celebrated their 75th Anniversary. Taking part in the cake cutting ceremony were: Captain W. J. Schefstad, representing the Commanding Officer, Captain L. E. Nickerson, Director of Nursing Services, and the most junior Navy Nurse present, ENS Ann L. Diaz.



LAB LINE

CAPT P. E. Petit, MC, USN

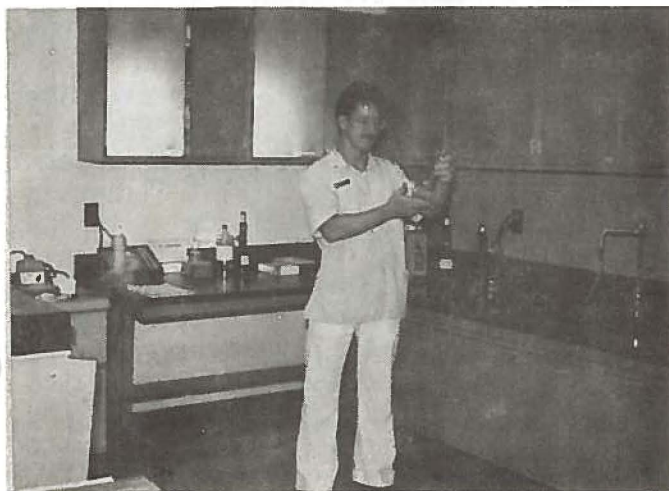


CAREER COUNSELOR'S CORNER

HM1 Patricia M. Johnson, USN

RIA Laboratory

To make room for Radiology's new nuclear medicine function, the RIA (Radioimmunoassay) Laboratory had to be relocated. A room in the same general area has been outfitted with laboratory fixtures and cabinetry and is now the new home of RIA. The RIA lab is really a branch of the clinical chemistry laboratory, and is sometimes referred to as nuclear chemistry. HM2 Brian Stone is the current RIA technician and he performs a variety of invitro assays. He uses a gamma radiation counter to measure levels of radioactivity in test samples that have been reacted with specific antibody preparations. RIA has exceptional sensitivity and provides an excellent means of measuring hormones and other substances that are found in the body in very minute quantities. An example of tests performed by RIA include the Beta HCG pregnancy test that will detect pregnancy in as little as 6 days after conception. The isotopes used are generally very low level gamma emitter and safe to handle. They are not the kind that will make you glow in the dark - so feel safe in visiting the new lab. We would like to invite anyone to come down to the new RIA lab for a show and tell. The lab has the latest state-of-the-art equipment and we love to show it off.



HM2 Stone

Officer Programs

So, your goal is to become an officer! The Navy offers several programs leading to a commission in the Regular Navy and the Naval Reserve - one of which may meet your needs.

BOOST - prepares one for the Naval Academy or NROTC.
 NAVAL ACADEMY - BS Degree and a commission.
 NROTC - 2, 3, 4 year scholarships and commission.
 EEAP - full time college for an AA Degree.
 ECP - up to 3 years of college to complete a Baccalaureate Degree and obtain commission.
 LDO (Aviation) - commission as a Naval Aviator.
 PA - advanced training - commission as WO.
 OCS - commission in the Naval Reserve for those possessing a Baccalaureate Degree or higher.
 MSC, USNR - for those with degrees in Allied Sciences or as medical specialists.

There are also programs in which technical skill and experience are prime concerns: MSC, Inservice Procurement and LDO/CWO Programs.

Programs leading to a commission are many and not limited to those mentioned above; new ones are being proposed frequently (i.e. Medical Enlisted Commissioning Program).

Although each program has specific eligibility requirements, some prerequisites go without mention. Interested personnel should commence preparation early in their careers. Increased knowledge gained through occupational experience and specialized training through schools and correspondence courses should be sought by all potential candidates to better prepare for officer status. There is no substitute for an outstanding record. Accumulate high marks early in your career and maintain a steady trend. Demonstrated initiative and leadership, personal and physical appearance are of utmost importance. Good sampling of sea/shore tours, increasing responsibility in a variety of assignments and being an overall well-rounded individual are instrumental in the selection of Officer Candidates.



Column Coordinator: ENS S. E. DuLac, MSC, USN

BLDG 246: The Front Line

By HMC Micki Johnson, USN

Alcohol -**some brief perspectives**

Over 50% of the total U.S. population (some 110 million people) uses alcohol in some form for recreational purposes. Of these, a little less than 10% - or about 10 million people - are alcoholics.

Over 1000 alcohol-only overdoses per year occur in the United States. In addition, if you count traffic accidents by drunken drivers, cirrhosis of the liver deaths, other accidents involving alcohol, homicides where alcohol was used by one of the principals, alcohol-related suicides, and alcohol-drug combination overdoses, the total comes to a shocking 250,000 deaths (approximately) per year.

By comparison, there are an estimated 30 million people in the U.S. on tranquilizers; 45 million people smoking marijuana; 750,000 heroin addicts, and possibly as many as 10 times this many "occasional" heroin users; the total number of users of other psychoactive drugs, legal and not, do not in any way approach the monumental number who use alcohol.

Beer, wine or distilled spirits - no matter what form it comes in, alcohol may be harmful if used in the wrong way, or by those who are especially prone to addiction to this drug. One thing for sure is that alcohol is a very powerful drug - and that it is definitely the number one drug being used today in the U.S., other American nations, Europe and the majority of countries of the world.

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Perceptions

Perceptions of occupational fields, medical functions and jobs vary from person to person. In fact, perceptions vary at NRMC concerning the various departments, services, and clinics. Let's test YOUR perceptions. Your choice of answers are: Bldg 500 (main hospital); Bldg 246 (NRMC Annex); and McCoy (NTC Annex).

What service does approximately 20 different types of physical exams for civilians and military?

Where are civilians treated when injured on the job?

What clinic provides medical treatment for all female recruits in the whole Navy?

What section provides input to Data Processing on all immunizations/physical exams for all active duty?

Where can 160 people receive audiograms, blood tests, and shots in 2½ hours?

What service provides all active duty with refractive corrections on a regular basis?

Where are lectures given on subjects such as First Aid, G6PD, Sickle Cell Deficiencies, Hygiene, Cleanliness and Rubella?

Where is the screening performed for TB, communicable diseases, sexually transmitted disorders, asbestos, noise and heat stress levels, and bacterial exams on water, ice, lakes and swimming pools?

What is the second largest department, next to Nursing Services, that accounts for almost 1/2 of the total outpatient visits?

What group of Hospital Corpsmen function in an almost independent capacity and are not Independent Duty Corpsmen?

Where is the Blood Donor Center for this whole base?

If all the answers were NRMC Annex, you scored 100%! Our NRMC Annex staff is a montage of many different specialties; but, we work together as a team. Jobs range from treating routine medical cases, providing adjunct service, to preventive measures for continued health. Our primary objective is to treat not only personnel illnesses but to treat illnesses personally! A caring attitude sets the attitude of others. It creates a positive awareness that those who render medical care, are a group of dedicated, highly trained, professionals. Furthermore, to be perceived as a professional, validates being a professional. "WE DO CARE" is the attitude we project, and hopefully is perceived, by all those entering the NRMC health care system.



Master Shipwreck

HMCM(SS) R. C. Clements, USN

Professional Ethics

We, in the medical profession, are privy to personal information concerning the history, diagnosis and treatment of our patients. The knowledge of our patients' well being, care and disposition is of a confidential nature. The manner in which we handle such information and knowledge may, in some cases, determine the satisfactory or unsatisfactory recovery of our patients.

There have been several incidents where knowledge and information concerning patients has become a subject of gossip. Disclosure of any information provided in confidence can have a deleterious effect on the relationship between the patient and the health care provider. This can be even more devastating when the patient concerned is a staff member. It makes no difference who the patient is -- professional ethics and demeanor are always in order.

Please take inventory of your professional practices and refrain from divulging confidential information concerning the health, welfare and care of our patients.

HOSPITAL CORPS



85TH

BIRTHDAY

17 JUNE

Command Master Chief Feature

Enlisted Advisor



HM1 Gerald A. Collis, USN

HM1 Collis, Fiscal and Supply Service, is the Enlisted Advisor for 14 junior personnel. HM1 Collis reported on board in March 1981 and has a total of 13 years of Naval Service. Petty Officer Collis is married and he and his wife, Wanda, have three children: Kristina, 12 years old; Pamela, 8 years old, and Sheryl 5 years old.

The following personnel are assigned to HM1 Collis: HM2 John Moran, HM1 Pamela Mundling, HA Stephen Mutaali, HM2 Nathan Neal, HM1 Joseph Neel, HM2 Cheryl Nelson, HM3 Paul Nerio, HN Robert Norton, HM2 Eric Olayos, HA Diane Downer, HN Karl Kelly, HN Mark Merwarth, HA Donald Downer, and HM3 Clement Richardson.

Reenlistment



HM1 Wendell E. Bell, Fiscal and Supply Service (Medical Repair), was reenlisted by LCDR William Sattley, MSC, USN, on 1 June. Present for the ceremony were HM1 Bell's wife, Millie, and son, Branden.



CAPT Fout's

Skipper - gram

It's time to go. . .

Dear Staff,

This, I believe, will be my final column. I wish to thank each of you for the privilege of having been your commanding officer. It has been a truly gratifying two years.

I could list many things we accomplished together and, of course, a few things we didn't accomplish. But most important, we worked together. In spite of a continual shortfall of funds, personnel and associated problems, we were able to find humor in frustration, growth from our failures and yes, we even learned to accept each others strengths and weaknesses. (I even learned to walk without a cane!) But most importantly, we never lost sight of our patients and their needs.

In departing, I charge each of you to reaffirm your belief and support of our great Navy and the strengths and virtues it stands for. Remember, you are, you must be, the embodiment of those strengths and virtues if we are to succeed.

Change of Command Ceremony

1000

Thursday

23 June 1983

**Main Entrance
(by flag pole)**



CRA

NOTES



By Joyce Lockwood

Bake sale

The CRA Bake Sale was a big success and I would like to thank all the participants who brought in the delicious items -- and a big thank you to all of the staff who made it a sellout!

CRA BIRTHDAY GREETINGS TO: Donald Abbey on 1 Jun; Inell Baldwin and Alice Wilson on 3 Jun; June Hicks on 5 Jun; Joseph Callender on 6 Jun; Patricia Debow on 8 Jun; Clyde Howard on 9 Jun; Betty Wimberly on 10 Jun; Charles Coeyman and Mary Handcock on 14 Jun; Albert Larrivee on 24 Jun; Janet Bargo and Carol Ryals on 25 Jun; Carolyn Edwards and Diana Woodrum on 26 Jun; Linda Hewitt on 27 Jun; and Tessie Martin on 30 Jun.

Civilian Awards

The Commanding Officer announced the following Civilian Performance Awards for the month of May:

Outstanding Performance Rating (with Sustained Superior Performance)

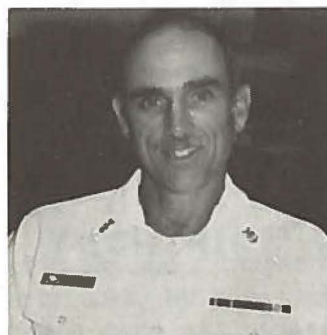
Doris E. Villar, H-38
Betty W. Mullen, H-11

Quality Salary Increase

Vita A. Fallon, H-27

WHOOOIZZIT

It's DPCM Maxwell Crabbe, Chief of the Data Processing Service. Master Chief Crabbe reported on board for duty in May, 1982. He and his wife, Martha, have one son, Allen, 14 years old. Master Chief Crabbe hails from the State of Alabama.



* * * *